

WOMEN NEEDED TO TAKE DOCTOR'S PLACE

Scholarships Offered in Many Colleges to Enable Women to Study Medicine.

Mrs. E. T. Stotesbury has endowed a scholarship in medicine for a college girl, under the direction of Dr. Elizabeth B. Theberg of Vassar college. This action was the result of a talk by Doctor Theberg before the National Council of Women in Washington. The lack of doctors owing to the number of hospital units sent abroad and the importance of training women to aid particularly in "public" work formed the subject of the address.

"There is no more important health work than furnishing young women who are anxious to enter the medical profession the wherewithal to do it," is the statement made by Doctor Theberg. "Scholarships have been offered in many colleges. More are needed. Trained medical women are doing wonderful war work. Three hundred and twenty women dentists are serving soldiers in the training camps and aiding hundreds of soldiers with defective teeth to enter the army. The immediate and prospective need for woman doctors is overwhelming, and college girls who want the opportunity of becoming doctors should be provided with funds."

Particular emphasis was also laid by Doctor Theberg upon the need of tuberculosis hospitals in every county. "Our job must be to look over our own garden wall," she said to the Women's Council. "Has your county an adequate hospital for tubercular patients? When tubercular soldiers begin coming home, as they are now doing in Canada, will your county be able to take care of its quota?"

Carrier Pigeons Used by the French Army



A pilot and his pet, carrier pigeons, which have become indispensable to the warring armies as means of communication.

ZERO HAS NO TERRORS

AN-Winter Bathers Disport Themselves at Coney Island.

One of the most interesting attractions New York is able to offer its winter guests is the bathing parties at Coney Island and other neighboring beach resorts. Recently when the mercury stood at 10 below zero, twelve men and three women, dressed in regulation bathing costumes, appeared on the Coney Island shore for a while, and then, to the amazement of fur-clad spectators, dived into the frigid waters and swam out in the direction of the seaboards.

SPANISH TO OUST GERMAN

Pupils in Public Schools Refuse to Study Enemy Language.

Spanish will succeed German in American schools, according to Prof. J. Moreno-Lacalle of the United States Naval Academy at Annapolis, Md. "We are cut off from Germany," he said, "but are drawn into closer contact with Spanish-speaking countries. Spanish is of practical importance to Americans. Many German professors are learning to teach Spanish rather than give up teaching. Pupils are refusing to study German."

Natural History. "What are oren?" asked the teacher. The little foreigner looked blank. "Does anyone know what a cow is?" he asked hopefully. A dingy hand waved wildly at the back of the room. "I know, I know, teacher. A cow she lays milk!"

THE KITCHEN CABINET

If the diet is to be healthful and economical, the person who plans it ought to know in a general way how much protein and other nutrients are needed and how much is contained in the different food materials.

WHAT MAY BE DONE WITH WINTER FRUITS.

We have grapefruit, oranges, lemons, bananas and apples in plenty in most markets the year round. In winter when the fresh berries are lacking there are many dainty ways of using these common fruits.

Banana Salad.—Split bananas in quarters lengthwise and lay on a bed of shredded lettuce. Sprinkle with finely-chopped nuts and serve with French dressing. Chilled bananas served this way make a tasty dessert. Using whipped cream in place of the salad dressing.

Celery and Grapefruit Salad.—Cut the grapefruit in thirds, remove the pulp and cut up with an equal amount of celery. Mix with salad dressing and fill the shells with the mixture, garnish with celery tips or watercress.

Mint and Orange Salad.—Take three tablespoons of finely chopped mint, six oranges, the juice of half a lemon and two tablespoons of powdered sugar. Remove the pulp from the oranges, mix with the other ingredients and chill. Serve in dainty glasses.

Grapefruit Cocktail.—Cut each grapefruit carefully to resemble a basket, remove the pulp and seal the edges. Cut the pulp rather fine and mix with canned white cherries, sweet on to taste. Chill and serve in the baskets. Garnish with red cherries. Other fruit combinations may be used if desired.

Orange Salad.—Peel oranges and slice thin, laying them in overlapping slices on an oblong plate, garnish with powdered sugar and candied cherries, or dress with French dressing and garnish with parsley or watercress.

Apple Cups.—Pretty apples scooped out to form cups and refilled with the minced apple with celery and nuts, make a most attractive salad. Any salad dressing may be used. Slice a small piece from the stem, and leaving the stem in for a lifter, then with a sharp spoon scoop out the apple; when filled the lid may be replaced, the apple served on a dolly covered plate. Yellow, green and red apples may be used, or one color is preferred. A cocktail may be served in apple cups or any sauces for meats, making a most dainty receptacle.

Nellie Maxwell The KITCHEN CABINET

Be always displeased with what thou art, if thou desire to attain to what thou art not; for where thou hast pleased thyself, there thou abidest.—Quarles.

SIMPLE ECONOMICAL DISHES.

The housewife of today uses the strictest economy with conservation of resources, without lowering the food value of her menus.

Buckwheat Gems.—Beat a half cupful of sugar with one egg, add three tablespoonfuls of melted fat, add alternately one cupful of milk and one cupful of buckwheat flour, then beat in half a cupful of wheat flour, 1 1/2 teaspoonfuls of baking powder, and a half teaspoonful of salt. Bake in gem pans and serve with honey.

Banana Sour Ice Cream.—Dissolve one cupful of sugar in the juice of two lemons, then add 1 1/2 cupfuls of sour cream and three bananas put through a ricer. Freeze.

Apple Pudding.—Reserve a third of a quart of milk and acid the remaining two-thirds, add a half-teaspoonful of salt, and mix with six tablespoonfuls of flour mixed with the third of a quart, when smooth add to the remainder and cook until thick and smooth. Remove from the heat and stir in two well-beaten eggs. Flavor to suit the taste. Put a small portion of a cupful of sugar into a deep dish, pour in the pudding and spread the rest of the sugar over it. Cover the dish and set away where the pudding will cool slowly. These last directions are the most important.

Steamed Date Pudding.—Beat one egg, add two teaspoonfuls of butter, one-half a cupful of flour, one-half a cupful of sugar and one-half a teaspoonful of baking powder, two tablespoonfuls of milk and a cupful of chopped dates. If this pudding is steamed in four cups it will take 25 minutes, if in one dish, allow 45 minutes to an hour. Serve with cream.

A New Sandwich Filling.—A cupful of finely minced cabbage salad which contained a bit of onion and green pepper chopped and dressed with mayonnaise was a leftover. Bread was buttered and on it was placed this salad, topped another slice of buttered bread. The combination was especially pleasing.

Add a little sugar to both corn and peas, canned or fresh; it will improve the flavor.

Nellie Maxwell

LIFE REVOLVES ABOUT CLUBS

Institutions in Havana Have an Influence Probably Not Felt in Any Other City.

In Havana the whole political, social and commercial life pivots on the clubs. They are a tremendous influence in every way. They are of all kinds, of all sizes, of all degrees of exclusiveness and exclusiveness. The largest are the so-called "centros," which were founded under Spanish rule, by men of Spanish birth, in order to furnish a bond and a meeting place for men from the same province of Spain. Thus the "Centro Gallego" was founded for Galicians, and the "Centro Austruino" for Austrians. The former of these is now the largest club in the world.

Besides these centros, there are numerous other sorts of clubs. There are clubs for the laboring man, where for \$1.50 a month he gets not only the social and convivial privileges of the clubhouse, but benefit and protective insurance, night school advantages for his family, a hospital for himself, even the services of dentists and opticians. One club goes so far as to maintain an asylum. On the other hand exclusive clubs of the conventional type are not lacking—clubs for the rich, yacht clubs, athletic clubs and political clubs. Havana's motto seems to be: "To each man a club according to his needs."

Practically without exception these clubs, large and small, have housed themselves in beautiful buildings. White marble walls, stately and mural painting, pillared halls and fountain courtyards reflect the artistic spirit of Latin America. Havana's clubs go far toward making her a beautiful city.

MEANING OF JACOBITE TOAST

Glasses Raised to "the Little Gentleman in Velvet" Had a Peculiar Significance Centuries Ago.

"To the little gentleman in velvet" was a favorite Jacobite toast in the reign of Queen Anne. By "the little gentleman in velvet" the Jacobites meant the mole that raised the hummock against which the horse of King William III (William of Orange) stumbled while riding in Hampton court. The king was thrown heavily to the ground, breaking his collar bone. A severe illness ensued under which the king's feeble constitution gave way, and he died early in the year, 1702. He left no children and the crown passed to Anne, a sister of William's deceased wife, Queen Mary, and a daughter of the deposed king, James II. It was the plan of the Jacobites to bring back to the throne James the Pretender, a son, it was claimed, of James II by his second wife, Mary of Modena. The execution of their plans was not attempted until the house of Hanover came to the throne. The attempt of the Pretender James in 1715 was a miserable failure, but the attempt of his son, Prince Charles, in 1745, was a more formidable affair. He collected a considerable force in Scotland, invaded England and reached Derby before compelled to retreat. He was finally defeated at Culloden.

Soup Eating Lost Art. Owing to the high cost of ingredients soup eating may become a lost art. America today holds the medal for spectacular and musical soup eating. There is no nation so accomplished in the art of eating soup audibly as ours. No race of people extant can eat soup and keep up a steady conversation (without stopping it on its shirt bosom) as successfully as the American. A foreign writer once remarked that he dearly loved to hear an American eat soup. Some nations drink their broth and brouillon in silence or sop it up noiselessly with bread, thus robbing the process of all its interest. But America blows its broth cool, then musically sucks it from the spoon, allowing it to hit the base of the empty stomach with the chug of a pile driver. The way some of us strain soup through our mustaches is decidedly artistic. But, like many of the lost arts of our ancestors, the doom of soup eating is in sight.—Cartoons Magazine.

Frenchman Invented Microphone. The inventor of the fundamental principle of the microphone on the modern telephone is said to have been the Abbe Rousslet, a French phonetician, born at Saint Cloud (Charente) in 1846. He became a vicar and curate at Cognac and Jarzac, then assistant professor of French philology at the Catholic Institute of Paris, and two years later he opened the first course of experimental phonetics ever established. In 1897 he was appointed director of the laboratory of experimental phonetics at the College de France, the plan for which originated with him. He is the inventor of phonetic instruments, the maker of several discoveries tending to cure deafness and stuttering and the author of a number of works on his specialty.

Salmon's Many Foes. From the time the mother salmon, in answer to the primal urge, leaves the ocean, until the young return, the salmon faces and is preyed upon by more varied enemies than perhaps any other denizen of the deep. Man, bears, birds, eat the mature fish, as do also the hair seal and the sea lion. The egg is a rich and eagerly sought food by trout and ducks and other fresh water fish and birds. The young fish, too, are preyed upon by many species of the larger fish. Yet, in face of such tremendous odds, the salmon for countless ages has maintained the balance of numbers largely in its favor.

RED CROSS BUYS MILLION AND HALF ARMY SWEATERS

SUPPLIES SENT ALSO TO MEN IN NAVY.

System of Distribution Prevents Waste and Duplication, Atlantic Division Announces.

Nearly one million and a half of sweaters have been purchased for training camps, according to the Bureau of Military Relief of the Atlantic Division of the Red Cross, which has charge of the distribution of supplies to the enlisted and conscripted men in the states of New York, New Jersey and Connecticut.

About 400,000 of these sweaters were bought in the last month. Sixty thousand helmets were also purchased, many of which have not yet been delivered because they are held up by the present traffic blockade. The need for sweaters among the American fighting men is increasing. The American Red Cross is buying slide in the open market almost the same quantity of knitted garments as is now being made by the women volunteers in the Red Cross. Camp Dix, Camp Upton, Camp Merritt, Camp Vail and the aviation fields are within the jurisdiction of the Atlantic Division. Besides these camps, the Division supplies Madison Barracks and Fort Hancock, Wadsworth, Hamilton, Jay Wood, Totten, Tilden, Schuyler, Steuben, H. G. Wright and Terry.

Red Cross Men at Camps. At these stations, including some miscellaneous giving and in addition to 90,000 Christmas packets, the Red Cross has distributed 62,378 sweaters, 19,909 helmets, 52,480 mufflers, 38,623 wristlets, 52,747 socks and 3,679 comfort kits.

It has also given to the Navy 18,815 sweaters, 7,744 helmets, 9,975 mufflers, 11,649 wristlets, 14,020 socks and 8,167 comfort kits. This makes a total of articles distributed by the Atlantic Division last month 66,197 sweaters, 27,053 helmets, 62,464 mufflers, 50,278 wristlets, 67,367 socks and 6,846 comfort kits.

The Red Cross Field Director has been the main solution of the great problem of distribution for the American Red Cross. In every training camp in the Atlantic Division there are Red Cross headquarters with a director and sometimes several assistants. From here whole units of men are fitted out with complete sets of knitted garments, which are sent out by the Division in response to hurry calls.

In the larger camps a supply of five or six thousand sweaters is kept on hand to meet emergencies. In the forts where there are no Red Cross field directors the distribution of Red Cross supplies is made by the commanding officer.

"It was early evident," said John Magee, Director of Military Relief for the Division, "that to prevent waste and misuse of material our distribution must be made in a systematic manner. We therefore adopted the plan of fitting out units as a whole. The commanding officer canvasses each company. He allows only one outfit to a man. On inspection day he checks the articles in the same manner as material issued by the War Department."

RED CROSS ASSIGNS WAR WORK TO SCHOOLS.

Schools in New York, New Jersey and Connecticut, which have been enlisted for war work in the Junior Membership and School Activities Department of the Red Cross, have been asked by the Atlantic Division of the Red Cross to make 50,000 French and Belgian refugee garments.

This is the first definite task to be assigned to school children enrolled in the Red Cross Junior Department. It is the result of an appeal from Red Cross representatives in France who called that thousands of homeless and helpless women and children there are in need of warm garments. Work upon these garments has been allotted through the school committees of Red Cross chapters. The order must be completed in three months, and chapters have been asked to report to the Junior Department on February 10 the portion of the allotment then completed.

RED CROSS DECENTRALIZES NATIONAL SUPPLY SERVICE.

The decentralization of the Red Cross Supply Service has just been completed. This service has been divided into two departments—the Red Cross National Clearing House and the Bureau of Purchases.

Mr. Clyde A. Pratt, formerly executive secretary of the War Relief Clearing House, has been appointed director of the National Clearing House, now situated in New York city. The Bureau of Purchases is under the management of Mr. W. H. McLaren.

RED CROSS IN SCHWAB HOME.

The home of Charles M. Schwab and the town house of John D. Rockefeller, Sr., in New York city, are among the latest additions to the list of private dwellings where Red Cross auxiliary work rooms are being operated.

Petrograd Wine Cellars

The Petrograd wine cellars underneath the winter palace at Petrograd have been sacked, and nothing remains of what was the largest and finest collection in the world of the best wines of the choicest growth of the most famous years. A great deal had been quietly stolen during the last six months by enterprising patriots, and in the end the soldiers on guard obtained possession of the cellars, and were joined by a huge mob recruited from the drogs of the populace. Tens of thousands of bottles were destroyed, and the floors of the immense cellars were knee-deep in liquor, the end of the orgies being that muddy water from the Nava was pumped into the cellars, after which the mixture of wine and water was pumped back into the river. Thousands of bottles were fired upon to facilitate the destruction. Numbers of the rioters are reported to have been drowned, as they were lying dead drunk on the floors of the cellars in heaps.

Marvelous Feats of Salmon.

Leaving the salt water of the ocean for the fresh-water streams on the Pacific coast the salmon quickly changes color from silver to blood red. In agreement with this metamorphosis the fish also gradually loses the firmness of its flesh. A slow but steady deterioration sets in. When the appointed time has come to move to its selected place, the fish run in with a big slide that goes far up the chosen stream. And in reaching the desired grounds in fresh water far from the sea, the salmon performs almost unbelievable feats. It will jump small waterfalls, swimming up greater ones to the height of 15 feet. This feat, seemingly contrary to natural laws, the salmon performs. Choosing a point where a fall of the water is heaviest, it rushes up it with all its swimming power.

The Dew.

Dew is merely aqueous vapor which has condensed on bodies during the night in the form of minute globules. It is occasioned by the chilling which bodies near the surface of the earth experience in consequence of nocturnal radiation. Their temperature then having fallen several degrees below the temperature of the air, it frequently happens, especially in hot seasons, that this temperature is below that at which the atmosphere is saturated. The layer of air which is immediately in contact with the chilled bodies, then deposits a portion of the vapor which it contains; just as when a bottle of cold water is brought into a warm room, it becomes covered with moisture, owing to the condensation of aqueous vapor upon it.

Trip to Ocean Well Worth While.

The United States of America has 12,603 miles of seacoast, and, as one-half of the population lives in the Atlantic, Pacific and Gulf states, there must be 30,000,000 people who have the sea within comparatively easy reach. There are, to be sure, millions of people who are so far removed from the coast that the sea is to them almost a myth, but it is safe to say that there are not a thousand people within our boundaries who would not see the ocean if they could. Perhaps there are many who will never have their eyes gladdened by the sight, but the present great facilities of railroad travel are lessening the number of unfortunate every year.

Spanish Blood in Conquered Races.

Spain, in colonizing the new world, always followed the policy of sending soldiers, but few or no women. It was the inevitable result that in every land conquered by Spain the population is to a considerable extent of mixed Indian and Spanish blood. Thus in Chile, Valdivia, one of the early Spanish explorers captured an Araucanian chief, Michi Malonco, and held him for ransom. The cacique of the tribe offered 500 Indian virgins for the release of the chief, and this offer was accepted by the Spaniards. In this way originated the Chilean race of today, although it has subsequently been modified by accession of other racial strains.

Statues for Bee-Hives.

A landowner in Silesia, Germany has a collection of statues representing Biblical and ecclesiastical characters which he prizes very much. Lifesize figures of Moses, the twelve apostles and ancient dignitaries stand solemnly in a row. But the owner mixes business with his fine art, which the highest art critics say never should be done, and has fixed these figures as homes for the busy bees. There is this record of bees selecting a stranger kind of hive than the solemn figure of Moses or Paul: "And he turned aside to see the carcass of the lion; and behold, there was a swarm of bees and honey in the carcass of the lion." (Judges 14:8.)—Christian Herald.

Legible Finger Marks.

Theoretically, a finger or thumb that is perfectly clean will leave no mark upon the surface of another perfectly clean skin for a longer time than it takes the natural perspiration of the impressed skin to efface these slight marks. And this is not for many minutes. But as no skin is absolutely clean, the clutch of a hand leaves behind on the skin an imprint in its own accumulations, and on the accumulations on the clutched skin, that can be brought out and deciphered. Of course, the more there is on the hand to leave or on the other skin to receive impressions, the easier is the task of reading the marks.

OPERATED BY "HAY-BURNERS"

Motive Power of One of the Civil War Railroads Was Primitive in the Extreme.

The history of railway operation in this country offers many curious and interesting details. Among them none are stranger than those that concern the Memphis, El Paso & Pacific railroad, a 40-mile line operated between Marshall, Tex., and Shreveport, La., during the Civil War.

The owner was John Higginson. He had many titles; chairman of the board, president, vice-president, superintendent, trainmaster, roadmaster, freight and passenger agent, fireman, conductor and master mechanic. The motive power was of the best in those days, and consisted of several yoke of oxen, commonly known as "hay-burners." The oxen were, it is said, generally on time.

Mr. Higginson ran his train on a ten-weekly schedule. When he had gathered up a "cargo" and everything was ready for the trip he loaded the oxen into the first box car in the train. In the next car he had put the freight and the passengers, and in the third he himself rode. The cars started down the steep grade out of Marshall and, after they had rolled as far as they would Mr. Higginson set the brakes and proceeded to unload the oxen and hitch them to the coupling of the car. Then he released the brakes and started the train up the grade. At the top the oxen were again loaded into their car and another start was made downhill. By repeating this operation several times Mr. Higginson and his train would finally reach Shreveport.

The passenger rate was 25 cents a person. Freight charges were anything the owner of the line could get. Since there was no competition, Mr. Higginson made money. All freight was marked "red ball" and handled as soon as received.

This, however, was not the first "hay-burning" railway in the United States. Most of the early lines made use of animals. The Baltimore & Ohio at one time employed horses to haul freight and passenger trains over the first 15 miles of track constructed—Youth's Companion.

VICTIM OF HIS OWN JOKE

Senator Had Not Intended Joke Remark to Be Taken as Seriously as It Was.

An official of the house of representatives met a distinguished United States senator in the halls of the capitol. They were old friends, and both were born in Kentucky. It was at a time when there was not much stirring about the big building, and the two sat down to talk. The conversation turned on what the doctors of America were doing, and discussion of specialists. The official suggested that he had a relative who was a distinguished alienist.

"There would seem to be a good field for work along his line right here in the capitol," remarked the senator. "I know some members of the house and senate whom he might examine."

"Well, I expect him in Washington very shortly," returned the official, in all innocence, "and I want him to meet you."

It was not until several seconds later when the senator laughed that the official realized that an explanation was in order.

Superstition Concerning Moon.

That the moon can make people mad is still a prevalent belief, and even most of those who pride themselves on being free from all superstition would hesitate to lie where the moon can shine upon them while they sleep. For would they not run the risk of being "moon struck"? Does not Othello in the agony of his soul exclaim:

"Tis the very error of the moon, She comes more near the earth than she was wont, And makes men mad."

Science ridicules all of this today, pointing out that the moon can send us nothing but her light, which is only a feeble reflection of that of the sun, and the attraction of her gravity, which seems to affect the rise and fall of the tides.

Wanted Officers to Learn Dancing.

That the great Lord Nelson urged his midshipmen to learn dancing has been discovered through the publication of a letter written by the hero of Trafalgar to the earl of Cork. Captain Nelson as he then was wrote: "It is necessary that your son should be made complete in his navigation, and if the peace continues, French is absolutely necessary. Dancing is an accomplishment that probably a sea officer may require. You will see almost the necessity of it when employed in foreign countries; indeed, the honor of the nation is so often entrusted to sea officers that there is no accomplishment which will not shine with peculiar luster in them."

Early Intoxicating Liquors.

Pliny says: "The natives who inhabit the west of Europe have a liquid with which they intoxicate themselves, made from corn and water. The manner of making this liquid differs. In Gaul and Spain and other countries it is called by different names, but its nature and properties are everywhere the same." "The people of Spain in particular brew this liquid so well that it will keep a long time. So exquisite is the cunning of mankind in gratifying their vicious appetites that they have thus invented a method to make water itself produce intoxication."